

Face Coverings: How to Use and Care of

Face coverings have been shown to reduce the spread of virus by preventing the spread of mucus droplets from the mouth exhaled in breath and should be used when you are unable to maintain a distance of 6 ft or more from another person.

Masks need to be worn properly to be the most effective. Must cover mouth and nose and be extended under the chin if possible. Ear loops should fit properly around the ears to prevent constant readjusting (which may cause contamination) Try to fit it as snug as you can without restricting breathing.

Proper face covering can be cloth, medical grade paper or plastic face shield with filter mask used underneath.

Masks with filter valves should not be used because they do not offer enough protection to others, exhaled air through the valve can spread the virus.

Masks need to be changed if soiled, wet, broken or ill-fitting and a back-up mask should be applied. (A mask which has been sneezed in should be changed.)

Cloth masks need to be laundered daily and paper masks discarded and changed out daily. Face shields need to be cleaned with disinfectant.

The way you remove your mask is just as important as the application. Remove soiled masks by the ear loops not by grabbing the face shield. Once removed dispose of properly, launder or disinfect. Wash hands or sanitize immediately after removal.

Try to remember not to touch your eyes, nose and mouth with hands that have not been adequately washed.

Handwashing: When to do and proper technique

Handwashing is always the preferred method of hand hygiene and should be completed during the day. Hand sanitizers can be used but hand washing is the best choice.

Handwashing or sanitizer should be completed on entrance to a room.

When hands are visibly soiled

Before and after touching the eyes nose and mouth

After use of restroom

Before eating

Whenever mask is applied or touched

After sneezing or using a tissue.

Proper handwashing is essential in the prevention of the spread of colds and viruses and should be completed as follows:

Turn on water

Apply soap

Lather soap washing both sides of hands up to the wrist. Properly washing between fingers around thumbs and paying attention to fingernails and cuticle area.

Scrub for approximately 20 seconds.

Water does not need to be hot or warm to be effective. The only requirement is running water.

Hands should be dried using a paper towel or hand dryer.

If the faucet is not automatic, use a paper towel to shut off and discard it in the trash receptacle.

Trash receptacles need to be used properly to dispose of soiled or used items to prevent contamination and spread of colds and viruses.